



# ***VERNON SENIOR CENTER***

## **OUR MISSION**

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns:

- opportunities for socialization, recreation and learning
- fitness and health programs and services
- transportation
- entertainment and trips
- opportunities for volunteering and helping others
- assistance with applications for services
- information or referral to other agencies for services

## **ACTIVITIES**

- Card games – pinochle, double pinochle, bridge, cribbage
- Mah Jongg, shuffleboard and pool. Tournaments are also held for each of these activities. Award luncheons are held at the end of each tournament.
- One day and multi-day trips    - Men's Golf League    - Knitting & Crocheting
- Bingo    - Games – Dominos, Scrabble and Chess
- Dance    - Chorus

## **INSTRUCTION/CLASSES**

- |                         |            |             |            |
|-------------------------|------------|-------------|------------|
| - Folk and Ethnic Dance | - Exercise | - Mah Jongg | - Tai Chi  |
| - Line Dance            | - Chess    | - Yoga      | - Painting |
| - Driver Safety         | - Pool     | - Dominos   |            |

## **HEALTH/ WELLNESS PROGRAMS**

- |  |                         |
|--|-------------------------|
| - Screenings: <ul style="list-style-type: none"><li>o Blood Pressure</li><li>o Blood Sugar</li><li>o Hearing</li><li>o Cholesterol</li></ul> | - Foot Care - Flu Shots |
|--|-------------------------|

## **TRANSPORTATION**

### **Senior Bus:**

- Bingo at the Senior Center – Mondays
- Shopping – Thursdays
- Shopping Buckland Mall and Walmart – every other month
- “Out to Lunch Bunch” - once a month
- Special events – Exchange Club picnic, voting day
- Golden Steppers Dance Group performances

### **Special trips**

- Special Events shuttle

### **Senior Car:**

- Medical and dental appointments outside of Vernon

## **SOCIAL GATHERINGS**

- Events – lunch and entertainment
- Holiday parties
- Volunteer Appreciation Luncheon
- Halloween Happenings Luncheon and Card Party
- Evening card parties
- Exchange Club picnic
- Out to Lunch Bunch

## **VOLUNTEER OPPORTUNITIES**

- Advisory Board
- Activity Leader
- Bingo caller
- Golden Steppers Dance Group
- Office Support
- Special events/fundraisers
- Income tax filing
- Blood drive
- Instructors
- Flu clinic

## **ASSISTANCE WITH APPLICATIONS FOR SERVICES**

- Municipal Agent
- Income Taxes

## **INFORMATION ON ISSUES OF INTEREST/CONCERN TO SENIORS**

- Presentations
- Written material – flyers and brochures

## **REFERRALS TO OTHER AGENCIES**

- Municipal Agent
- Vernon Social Services
- Hockanum Valley Community Council

## **LIBRARY**

*Questions? Call 870-3680 Monday – Thursday 9:00 am – 3:00 pm  
Fridays 9:00 am – 1:00 pm*

*26 Park Place, Vernon CT 06066*